



DECEMBER 2018

PREPARE NUTRITIOUS SNACKS AND MEALS TO STAY ON TRACK

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>23</p> <p>Try an interval walk today, alternating two minutes normal pace with one minute fast pace, or try this workout: www.verywellfit.com</p>	<p>24</p> <p>Use a smaller plate. Make just one trip to the food table and fill only a salad-sized plate with your favorites.</p>	<p>25</p> <p>Focus on people. Too often, food takes center stage of our holiday gatherings. Enjoy family time!</p>	<p>26</p> <p>Eat Five Fruits and Veggies Today!</p>	<p>27</p> <p>Tiny size it. Cut calories by cutting portion sizes. Cut pies into smaller slices and brownies and cakes into bite-size pieces, and bake smaller portions.</p>	<p>28</p> <p>Don't skip meals. If you eat healthy foods at regular intervals throughout the day, you're much less likely to overeat at a party!</p>	<p>29</p> <p>When preparing for the holiday, try this workout for a recovery break...</p> <ul style="list-style-type: none"> • 15 push-ups • 15 crunches • 15 squats • 30 second plank (repeat 3x)

Week 4 Survival Tip: Nutrition

- When buying the ingredients for your holiday meals, shop around the perimeter of the grocery store and stay away from foods that have a long shelflife.
- Purchase foods that are as close to their natural state as possible. For example, cook your own real mashed potatoes, not instant.
- Label Reading! Do not focus on calories alone, look at the Sugar, Cholesterol, Sodium Carbohydrate, Protein, etc. content as well. Look for High Protein / High Fiber / Low Sugar / Low Cholesterol / Low Sodium



Nurse Jody at the Algoma Community Wellness Center can provide FREE nutrition counseling

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